

Solutions to Life's Little Stressors

You're on the way to success! You are **DOING!** Action is your middle name. The road to success would be much easier if it weren't littered with old habit obstacles and attitude potholes. So how can you maneuver around them and keep yourself headed in the right direction?

Identify your obstacles.

It's usually when little things pile up that the stress roller coaster ride starts in motion. Once you've figured out what is getting in your way, you'll be able to deal with it. Some common obstacles and solutions are:

OBSTACLE: "I have way too much to read, the articles just keep stacking up."

SOLUTION: If it doesn't pertain to something you **HAVE** to know, and/or it is over five years old, figure you don't need it or it's out of date. Recycle it.

OBSTACLE: "My commute is killing me!"

SOLUTION: Avoid heavy commuting times by arriving to work early or staying late to exercise. Take a brisk walk around the area before or after work, or find the closest fitness facility.

OBSTACLE: "The phone constantly interrupts me and takes up too much of my time."

SOLUTION: At work: Set time limits on phone conversations. Keep conversations on track; leave chatting for a lunch date. Instead of playing phone tag, leave detailed messages with instructions on what you need and when you can easily be reached. At home: Don't be a slave to your phone. Just because the phone rings, doesn't mean you have to answer it. If it's

If it's someone important, they'll leave a message or call back later.

OBSTACLE: "I can't seem to get the chores done."

SOLUTION: Consolidate and Delegate! Combine errands by shopping where you can take care of more than one thing at a time. Have family members help with chores. Giving children specific jobs around the house and yard teaches them responsibility. Even the smallest kids can separate socks or help set a table. Hire someone to do the chores you don't like.

OBSTACLE: "I feel like I'm running everywhere, and trying to do everything."

SOLUTION: Set limits. Be sure you schedule enough time for your activities. Don't underestimate how long it really takes to get something done. Keep one calendar that shows your entire day's activity commitments including professional, personal, and family obligations...Then, **LEARN TO SAY NO!** Only say yes to your priority activities.

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